



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Almonds


Almonds contain lots of healthy fats, fibre and protein. As part of a healthy diet, they can help lower blood sugar levels, reduce hunger and promote weight loss!



F4 Tarragon Chicken and Roasted Beetroot Salad

Free-range chicken breast fillets roasted in tarragon served with a roasted beetroot salad and crunchy toasted almonds.

 35 minutes

 4 servings

 Chicken

21 January 2022

Bulk it up!

If you want to bulk up this dish to get some extra serves out of it you can add some sweet potatoes or carrots to the roasting tray. You could also toss some cooked grains through the salad.

Per serve: **PROTEIN** 51g **TOTAL FAT** 29g **CARBOHYDRATES** 18g

FROM YOUR BOX

BEETROOTS	4
RED ONION	1
CHICKEN BREAST FILLETS	600g
WHOLEGRAIN MUSTARD	1 jar
ALMONDS	1 packet (80g)
ROCKET LEAVES	1 bag (200g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried tarragon

KEY UTENSILS

oven tray, small frypan

NOTES

If you don't have dried tarragon you could use dried dill, marjoram or oregano.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge beetroots and red onion. Toss on a lined oven tray with **oil, salt and pepper**.



2. ADD THE CHICKEN

Place chicken on top of vegetables. Slash in 3-4 places. Coat in **oil, 1 tbsp dried tarragon, salt and pepper**. Roast in oven for 20-25 minutes or until chicken is cooked through and vegetables are tender.



3. MAKE THE DRESSING

In a large bowl whisk together mustard, **2 tbsp olive oil, salt and pepper**.



4. TOAST THE ALMONDS

This step is optional. Heat a small frypan over medium-high heat. Roughly chop almonds. Add to frypan and toast for 3-5 minutes or until golden brown.



5. PREPARE THE SALAD

Add roasted vegetables to bowl with dressing along with toasted almonds and rocket leaves. Toss gently to combine.



6. FINISH AND SERVE

Slice chicken. Evenly divide salad among shallow bowls. Serve with slices of chicken.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

